



Sample 1400 Daily Calorie Meal Plans

Breakfast	Snack 1	Lunch	Snack 2	Dinner
2 eggs, scrambled 2 turkey sausage patties 1 cup of berries 1 slice of whole-wheat toast	1 ounce of raw almonds 1 small apple 2 ounces of deli turkey	Tuna sandwich mayo on sandwich thin) 1 Yasso frozen Greek yogurt bar	1 container of non-fat Greek yogurt (Chobani Simply 100, Yoplait 100 Greek and Dannon Light n' Fit Greek are great choices)	6 ounces of grilled chicken breast 2 cups of steamed broccoli 1/2 cup of brown rice

Calories: 1,466 / Carbohydrates: 129 g / Fat: 55 g / Protein 141 g

Breakfast	Snack 1	Lunch	Snack 2	Dinner
1 cup of non-fat Fage Greek yogurt 3/4 cup Special K Protein Plus cereal ½ cup mixed berries	1 hard-boiled egg 1 small peach	Turkey sandwich (4 slices of turkey on sandwich thin) 1 cup of mixed greens with 2 tbsps. of light vinaigrette dressing	1 ounce of raw walnuts	6 ounces of lean, roasted pork tenderloin 2 cups of sautéed squash ½ cup of cooked quinoa

Calories: 1,469 / Carbohydrates: 108 g / Fat: 55 g / Protein 146 g

Breakfast	Snack 1	Lunch	Snack 2	Dinner
½ cup low-fat cottage cheese 1 cup of cantaloupe 1 hard-boiled egg	1/3 cup of roasted soy nuts LF string cheese	Mediterranean salad with spinach, cherry tomatoes, olives and 4 ounces of grilled chicken dressed with 2 tbsp. light yogurt based salad dressing	LF string cheese Dannon light and fit Greek yogurt 2x protein	6 ounces of baked wild salmon 10 spears of asparagus ½ cup of roasted sweet potato

Calories: 1,394 / Carbohydrates: 81 g / Fat: 63 g / Protein 126 g